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[503]
[226]
Besides the work in rice-fields, women dug and cleaned canals and ditches, mounded land, and fished in many ways, the most laborious of which was plunging a heavy basket into the mud to catch burrowing fish. In the household chores, in which men shared to some extent, they carried water, cut and fetched wood, tended livestock, cultivated kitchen gardens, pounded rice in mortars, and cleaned houses. Boats were rowed [501] by paddling or sculled by standing and pushing a single large oar. Cooking was time consuming. The low stoves were on the [354] ground or floor. Since there were no tables or chairs, one squatted two to four hours a day to cut or pound ingredients, [352] stir the curry, or wash the dishes.

[516]
The training of boys and girls for farm and household work was thorough and started early. By 18 years of age, 868 boys and girls with few exceptions were experienced in every 561 step of farming. Janlekha's chart (1955:82) indicates the 461 progression (parenthetical additions are the present author's):

Age	Method	Kinds of farm work
5 - 7	not forced, but allowed or induced to work if they want to	light hauling, removal of weeds which have been turned over by harrowing
8 - 12	mild pressure	light hauling, removal of weeds which have been turned over by harrowing; some household work and help in the kitchen - girls only - (sometimes boys)
13 - 14	moderate pressure	hauling, weeding, buffalo-tending, transplanting, chicken-feeding, fishing, household work (boys and girls)
15 - 16	high pressure	all kinds of farm work, harrowing, harvesting, and uprooting - boys only - are started at this age.

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Children worked in the fields before and after school which, compulsory for all children aged eight to fourteen, was held from 9 a.m. to 3 p.m. five and one-half days a week. Vacations coincided with peak work seasons so children could help in the fields or at home.

pictured as bowlegged in Chutina's report (1939) are, however, clearly so, and represent more extreme cases than we encountered among the children in Bang Chan in 1952-53. If the incidence of bowleggedness among children in Thailand is indeed decreasing, an investigation into possible causes of the change would be of interest.

To the nutrition specialist on the team, who was not Thai, the knee joints appeared to be large. Moreover, although the term "knock knees" was not included on the schedule, it was entered frequently by the physician under comments (Appendix B, Table 22).[1] Whether this condition is related to heredity, nutritional status, or to some other environmental influence such as the life-time habit of squatting on the heels, is not known.

The physician's estimate of general appearance and vitality were recorded early in the examination, before he sought for specific signs. About 80% of all persons examined were rated as "good," and less than 1% as "poor." About half of all persons rated as "good" in general appearance and vitality were without clinical signs, as compared to about 30% of those rated "fair." Of persons with 3 or more possible signs of malnutrition, however, about 2/3 were rated "good" (Appendix B, Tables 23 and 24). As has been observed frequently, such a general appraisal is not correlated with the presence or absence of clinical signs possibly associated with malnutrition. Clearly, in Bang Chan, there is little or no malnutrition of the sort that causes marked apathy.

In summary, a variety of possible signs of malnutrition were noted both in the school children and the persons in the random sample of village households. More than half of the total number examined had one or more signs possibly due to malnutrition, but the only clearly defined deficiency disease encountered was one case of beri beri[1] in a 49-year old man.

Reproductive Function in Females

Menstrual History. - Information concerning menstrual history was obtained from girls and women in the random sample of village households, and from mothers of the infants and small children whose growth and food patterns were studied.

Most of the women from whom information on age at menarche was obtained were under 40 years of age. A few could

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1. History of beribori among nursing mothers and their infants was obtained in several instances, and cases of beri-beri, in both sexes, were seen among persons not included in the population samples which were examined.

A [see p. 71-Am] B [see pp. 72, 73-Anal yst]